

We have already received some Christmas cards and it is super to have them from GW friends in Europe as well as in GB - we all need to keep in touch and also emails make contacts so easy.

Let's hope we can meet up properly next year. Until then stay safe and take care.

Sent from the depths of East Anglia by an aging rebel rider

Diane XXX

Capital Wings

Welcome to 2021, goodbye and good riddance to 2020.

A lot of our dreams and plans for travelling were shattered last year but here's hoping we will all meet up again in the company of family and friends to enjoy each other's company and have a drink or two. There are bound to be some sad occasions along the way but happy celebrations and gatherings, hopefully, will prevail.

We hope that Santa brought you some goodies at Christmas. Our very own Santa Steve was raring to go on his sleigh and took the opportunity for a photo shoot, along with an angel from Barbados, before he set off.



Santa Steve

One joker on Zoom said that Santa was actually self-isolating in a plastic bag this year but this was obviously not true.

Margaret was also extra busy before Santa's arrival because she took on a commission to bake at least 100 individual Christmas cakes for the residents of the Hawthorns retirement apartments. I bet her house smelt delicious for weeks. She also reprised her role as Nurse Margaret, looking after Joe who had a successful operation on his second knee in November. Keep doing the exercises this time, Joe and we don't mean sampling Margaret's fruit cakes!

Thinking of food, have you seen the latest Ambrosia custard ad? The dessert brand Ambrosia came back to TV for the first time since 2016 with a campaign in December that introduced a new animal character, Moley, who goes on an unexpected aerial adventure over the brand's home county of Devon.

The ad - soundtracked by *All I Have To Do Is Dream* by the Everly Brothers - sees the subterranean critter grabbing on to a passing balloon and floating past two women enjoying a picnic, at which point Moley takes the opportunity to swipe a freshly picked raspberry through a pot of custard in the process of it being poured. It ends with the long-running line "Devon knows how they make it so creamy". Some have said that Moley looks very like Richard.

The scenes had a lovely summery feel to them and offered raspberries and custard as a pudding. Yum, yum. The weather has turned, however, so maybe trying it will have to wait a few months. Here's a wintery and beautiful December view, courtesy of Bev.



Mersea Beach Huts

Congratulations go to Postman Pat, who after a lot of training and exams, and on behalf of the NHS, is now on the ambulance crew rota for patient transfer. We hear that he is trying to introduce bingo on his runs with patients to and from hospital. So, is it a case of Cup of Tea (number 3), Doctor's Orders (9), Gateway to Heaven (27), Get Up and Run up (31) or Between the Sticks (86)?

Finally, our Zoom calls sometime compete with TV programmes on air at the time but the banter between Capital never fails to raise a laugh or two. The pros and cons of Izal toilet paper versus Andrex and newspaper were discussed and then someone asked if anybody had a spare belly pan. "John Hall has got one under his shirt" came the response. Meanwhile, Lesley declared that she has had her bits in the dishwasher before now, and Al was accused of having his bits in too. Motorcycle bits, for washing, of course.



*Ambulance Man
Dave*

From all of us at Capital, we wish you all a very Happy and Healthy New Year.

Miss (Helen) Whiplash